

# HEALING TOUCH

— Therapeutic Massage —

*Holly Sandholm • www.healingTTmassage.com • holly@healingTTmassage.com*

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_ Birthdate: \_\_\_/\_\_\_/\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Please check all that apply:**

- |   |   |                                    |  |
|---|---|------------------------------------|--|
| <input type="checkbox"/> Heart Disease  | <input type="checkbox"/> Osteoporosis   | <input type="checkbox"/> Diabetes  | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Cancer         | <input type="checkbox"/> Arthritis      | <input type="checkbox"/> Scoliosis | <input type="checkbox"/> Pregnancy           |
| <input type="checkbox"/> Stroke         | <input type="checkbox"/> Heart Burn     | <input type="checkbox"/> Seizures  | <input type="checkbox"/> Fibromyalgia        |
| <input type="checkbox"/> Varicose veins | <input type="checkbox"/> Skin condition | <input type="checkbox"/> Sciatica  |  |

Any other medical history (surgery): \_\_\_\_\_

**If you are ill or have a fever please let your therapist know so they can re-schedule since these are contraindications for massage and might lead to impaired health.**

What is your occupation? \_\_\_\_\_

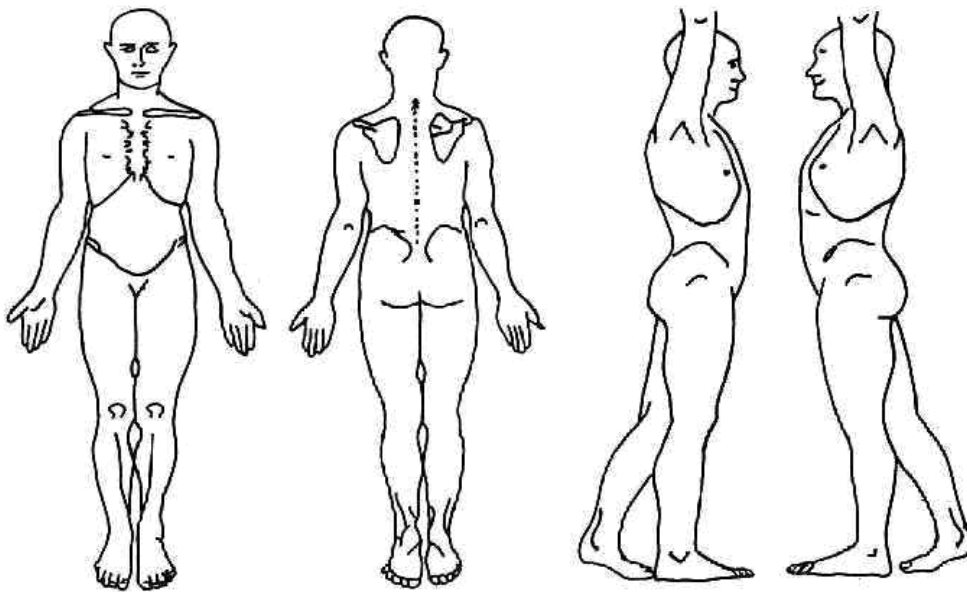
What hobbies do you have? \_\_\_\_\_

Have you ever had a massage before? Yes / No

What type of massage have you had before? \_\_\_\_\_

Are you ticklish? Yes / No Where? \_\_\_\_\_

**Please draw an X on any area that is painful and - - - - on any dull aches. Please rate your pain next to any X on a scale of 0-10 (0= no pain 10 = the worse pain you can imagine)**



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Please write anything else you think would be important for your therapist to know.

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To treat yourself to a full body Swedish massage characteristically takes sixty minutes. The oils used are made with all natural ingredients. The oil works best with freshly showered bodies to promote the most pleasant massage. Your therapist will leave the room and ask you to undress to the level of your comfort and lay face down under the sheet. Typically, Swedish massage is delivered to a client completely undressed under a sheet. A fully body massage will include face, neck, shoulders, arms, hands, back, buttocks, legs and feet. There will be no massaging of breasts or private areas.

Please write any areas you **do not** want massaged today. \_\_\_\_\_

Your therapist uses a diverse approach to each massage that will be individually tailored to the needs of the client. Their training was emphasized in Swedish massage, which is a relaxing, slow steady light-to-deep touch that flows with the body. Deep tissue massage might also be used, which will help to decrease muscle constrictions through deeper, held compressions. There are a variety of other strokes that will be applied as needed by the client, such as range of motion, stretching, rocking, percussion, and joint mobilization.

Disclaimer: Your therapist has the right to refuse to see anyone who does not act in a professional manner in regards to sexual conduct. This will be cause for stopping a session. Anyone under the age of 18 must be accompanied by an adult in the room at all times.

Please feel free to ask your therapist any questions before, during, or after the massage. Please turn off your cell phone and enjoy your massage.

I agree that I have read the above information, the information given on this page is accurate to the best of my knowledge, and I will update my therapist on any changes.

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*Signature of Client*

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*Date*